



HI-Q

THE LAKEHEAD AMATEUR RADIO CLUB JOURNAL

LARC- Suite 184, 1100C Memorial Ave., Thunder Bay, Ontario, Canada, P7B 4A3

VE3FW - LARC call sign - honours the memory of the Founding President - P. J. "Pat" O'Shea

LARC SENATE

Keith Fiske	VE3JQ
Ray Forslund	VE3EDZ
Pat Doherty	VE3PD
Dave Kimpton	VE3AVS
Bill Klemacki	VE3AJ
Bill Roberts	VE3ARN

LARC EXECUTIVE 2002-2003

President:	Bob Hansen	VE3RVA 767-6924
Vice-Pres:	Mark Vaillant	VA3MVR 935-2205
Secretary:	Bernard Welmers	VA3BND 766-5726
Treasurer:	Teresa Rahmer	VE3TLL 577-0789
Directors:	Ed Baumann	VE3SNW 622-1216
	Fred Lesnick	VE3FAL 577-0789
	Brad Harris	VE3MXJ 767-0628
	Lindo Scalese	VE3NHX 344-8217
Past Pres:	Skip Wright	VE3BBS
Editor:	Glen Wallace	VE3ICY

LARC OPEN ACCESS REPEATERS

VE3YQT	MOUNT BALDY	147.060 (-600) FP
VE3TBR	ST. JOSEPH'S	146.820 (-600) FP
		442.075 (+5 MHz)
VE3BGA	HILLCREST H.S.	145.450 (-600)
		(IRLP NODE VA3LU 123.0 Hz)

The Prez Sez September 2003

I hope that all the members and their families had a restful and safe summer vacation.

Thanks to the members and executive that helped out at the public service events that took place throughout last year and the summer also.

This summer was the first time that we had the mobile command post set up at the Triathlon held in July. I hope that the command post can be presented to the membership in the future. Perhaps we can have a dedication and official opening.

A great big thank you goes out to the technical members who keep our equipment up and running. Special thanks also go out to our editor Glen who makes sure that the Hi Q is composed and sent to the members.

Our first meeting will be held Thursday, September 11 in room 191 at the McIntyre Building, Confederation College. Time 19:30 hours. There will be an **election for a new executive**. This is a chance for you to become involved in the decisions of the club. Please try to make it to this meeting. New memberships will also be available. The club always needs your financial support. Hope to see you in September.

Your President,

Bob VE3RVA

Public Service

While most people enjoyed, hopefully, a great summer vacation un-interrupted by calls for help, the local Club had a very busy summer with volunteer activities. Since our last meeting in June, Field Day was held at the Vaillant farm on Oliver road at the end of June, with a good number of people coming out to try their hand at operating in the annual event. We even had a U.S. Amateur visitor drop by to meet with some of the attendees. Our newly painted trailer was brought out and used for the first time. July saw numerous members of the Club provide the usual assistance at the Thunder Bay Triathlon, using the trailer as an operating centre. Many favourable comments were received on its appearance, and our operators appreciated the convenience of operating from a more comfortable environment. I do not have a list of all the members who participated, but Bob Hansen did a great job in getting it organized; thanks to all those who did help out, both on the Friday for the kids events, and on Saturday for the big event. August has really been a busy month this year. The Club was asked to provide communications for a new event, the Thunderwolves 20 Miler and Relay on Aug. 3rd., which saw all of Thunder Bay's top runners using this event as a tuneup for future national and international events. Many thanks to Mark, Al, Jan, Bob and Marion for their assistance in this very successful event. A week later, Bob coordinated the inline skate event on lakeshore drive with the assistance of several operators, and on Aug. 23rd, the fifth annual Conquer the Dog triathlon was held at Kaministiquia, with 10 operators participating to provide communications. Many thanks to Terry, Wayne, Bob, Marion, Pat, Chris, Brad, Clarence and Mark for assisting. As usual, the organizers provided all participants and volunteers with beef-on-a-bun, salad and drinks after it was over, which was much appreciated by all. Now we can relax a bit, look forward to the first Club meeting on Sept. 11th, and no events scheduled that require our participation until the Santa Claus parade in November. See you at the meeting!

Food for thought!

How come when I call Information they can't tell me where my keys are?

Mike Nawrocki VE3ZG

Dont miss a single copy of HI-Q. Send your change of address notice to the Club.

Good Looking Hams

In my alter ego as “Chef Guillaume” I always scan the food books as I check out of the grocery store. As I was perusing the August 2003 issue of Canadian Living I have found out why Hams are so darn good looking!

On page 44 there is an article titled “forever young” on skin care and the methods used to help us stay young looking. One of the hot new methods to keep us looking perky without surgery is Resurfacing.

Here is the description of from page 47 of that issue of the process. “One of the exciting advances in this field is the use of radio frequency waves on the face. Machines deliver a pulse of energy that penetrates the skin deeply, spurring the body to replace old tissue. Another promising approach is the use of low energy, or light emitting diode, light to get rid of blotchy skin and unsightly blood vessels and improve superficial collagen to give the skin a better glow. This anti aging technique is relatively painless and requires little recovery time. The technology uses such low doses of energy the personal “wrinkle wrecking” boxes will be available to consumers for use at home within about a year, predicts Dr. Robert A Weiss, an assistant professor of Dermatology at the Johns Hopkins University School of Medicine and director of the Laser Skin & Vein Institute in Baltimore.”

If you’re trying to entice a friend or acquaintance into Ham Radio tell them it will also make them look better as well as being a great hobby.

And if you’re not into hugging diodes the recipes for Barbecue Poached Salmon with Basil Mayonnaise on page 74 or Buttermilk Dill Chicken on page 78 is excellent.

So there you have it ladies and gents, now you know why all hams are such great looking folks.

Bill Unger
VE3XT

**LARC, Suite 184, 1100C, Memorial Avenue,
Thunder Bay, Ontario, Canada, P7B 4A3**

Field Day

Mike Nawrocki VE3ZG

"The Lakehead Amateur Radio Club held its annual field day event June 28 and 29th under bright and sunny skies at the Vaillant farm on Oliver Road. Over the course of the 24 hours of the event, some 35 Amateurs participated, including a visitor from south of the border who happened to be in town. Band conditions for the event were excellent, and operations on 40 and 20 meters racked up a good number of contacts. Thanks to Mark Vaillant and Bob Hansen who set up the facilities, with one station in one of the buildings and another station in our newly painted trailer, there were excellent operating conditions. The accompanying photograph shows some of the attendees and operators who attended this years Field Day".



Dont miss a single copy of HI-Q. Send your change of address notice to the Club.

From Norm Bell

Local amateur radio operators provide important service during blackout

By STEPHANIE HARRINGTON
EXPOSITOR STAFF / BRANTFORD

VE3EBH, this is VA3DDB.... over."
"This is VE3EBH responding, go ahead."

"VE3EBH please attend the Red Cross Building at William Street. We've needed."

That's Ken Dobson, VA3DDB, broadcasting over the radio's airwaves to Ebe Habing, VE3EBH, of the Brantford Amateur Radio Club, in the hour following the blackout Aug. 14, around 5 p.m.

Dobson, a federally licensed radio operator, played a big part in helping out during the power outage and the city's declared state of emergency. He and 10 other volunteers from the amateur radio club and the city's Amateur

Radio Emergency Service were contacted to provide a means of backup communication since many cellular and telephone lines were down during the first couple of hours of the blackout.

The city's amateur radio club reported to the Canadian Red Cross building to provide it with communications. Dobson, the emergency co-ordinator for the area's radio emergency services, reported to the fire hall along with fire, police and various other city officials to deal with the power situation.

"I think their role was paramount," Dobson said of the radio operators, who were on-call 24 hours until the state of emergency was lifted Friday.

Dobson said their role would have been vital if communications systems failed for a longer period.

Mayor Chris Friel said their expertise helped get information the city and county needed to make quick decisions at the onset of the blackout. Without the radio team, the emergency measures committee would have had to depend solely on radio news stations for information.

"We really relied on the radio system," Friel said. "There would have been a lot of panic, flying rumour and bad information (without them). It saved us a lot of time and energy in the beginning."

The radio team was able to communicate through the amateur radio network province-wide without using the telephone system. As result, the city had access to press releases, statements from the provincial government, weather information and news about

what was going on in other municipalities "almost instantaneously as it happened," Dobson said.

The radio operators were also on hand at Mohawk Park during the city-organized barbecue and at the air conditioned relief centre on Terrace Hill for people with respiratory problems in case communications failed.

Most cities that have an emergency measures team have amateur radio operators on standby for situations such as the blackout, Dobson said. The radio operators, who are specially trained, along with fire, police and city officials, in emergency situations are recognized by the province's central emergency centre in Toronto.

Dobson said was happy just to have the chance to participate.

"I definitely felt I was of value."

From Dave Kimpton VE3AVS

The following equipment is being placed for sale by the owner who is moving:
YAESU FT840 Transceiver complete with power supply, Kenwood SWR meter, dummy load/wattmeter, and 20 foot MFJ multiband vertical antenna.
Please contact Alan Kartinen VE3AKM for details at 768-7678 for further information.
73 all....dave ve3avs

**LARC, Suite 184, 1100C, Memorial Avenue,
Thunder Bay, Ontario, Canada, P7B 4A3**

Blackout

From Jan Sokoloski

By STEPHEN SINGER, Associated Press Writer

HARTFORD, Conn. - When technology failed on a massive scale last week, some old-fashioned broadcasting stepped into the breach as ham radio operators took to the airwaves to reach emergency workers.

For millions of people in the Northeast and Midwest, the Aug. 14 outage took access to e-mail and the Internet with it. Landline and cellular telephones were jammed by a crush of calls. But the ham radio, which came into being in the World War I era, connected firefighters and police departments, Red Cross workers and other emergency personnel during the most extensive blackout in the Northeast since 1977.

Ham operators are not dependent on a server or cell tower, and with battery backups can operate when grids can't.

"When everything else fails, the ham radio is still there," said Allen Pitts, a ham operator in New Britain. "You can't knock out that system."

The radios are operated by a network of volunteers organized by the Newington-based American Radio Relay League.

Ham radio's importance won renewed recognition after the Sept. 11, 2001, attacks. ARRL won a federal Homeland Security grant of nearly \$182,000 to train amateur radio operators in emergency operations to help during terrorist attacks.

"It's incredible the differences you're seeing, the large cadre of people who know what they're doing," Pitts said. "It's making a major difference."

Tom Carrubba, a coordinator for ARRL in New York City's five boroughs and two counties on Long Island, said volunteers went to work immediately after power went down Thursday afternoon.

"In five minutes guys were on the air with the Red Cross and Office of Emergency Management," he said.

During other disasters, such as severe weather, ARRL volunteers and coordinators activate telephone trees, Carrubba said. On Thursday, they instead hit their assigned frequency or staffed an emergency operations center.

In the New York-Long Island region, with a population of nearly 10 million, about 100 ham radio operators handled the situation, Carrubba said. Some volunteers headed to a Red Cross headquarters or shelter, fire department, or hospital, he said. One hospital was temporarily out of power and ARRL volunteers provided communications to ambulances until electricity was restored.

Carrubba estimated that operators handled 800 to 1,000 communications from Thursday afternoon until early Friday.

Dont miss a single copy of HI-Q. Send your change of address notice to the Club.

Recommended Repeater Operating Procedures

1. Use simplex wherever possible freeing the repeater for necessary uses.
2. Monitor the repeater (listen) or determine if the repeater is in use, and if there are any peculiarities in its operation. After listening for a few seconds, identify, un key and listen to see if it was quiet for a reason, and to allow someone to let you know if there is a reason not to continue (low audio, low signal strength, etc). Then, if all OK, proceed.
3. Don't break into a contact unless you have something to add.
Interrupting is no more polite on the air than it is in person. Interruption without identification constitutes malicious (and illegal) interference.
4. Use the minimum power to key up the repeater. To make contact, simply indicate that you are on frequency . For example "VE1ZZZ monitoring".
Do not kerchunk.
5. Remember amateur radio transmissions are being monitored by many non-hams with scanners. Watch your language and your manners. Please don't bring disrepute on the Amateur Radio Service.
6. Repeaters are intended to facilitate mobile and portable operation.
During rush hours, base stations should relinquish the repeater to commuting mobiles. Some repeater owners have strict rules requiring this.
7. Keep transmissions short and thoughtful. Do not monopolize the repeater. Pause between transmissions to allow other amateurs to identify themselves if they wish to use the repeater. Pausing also allows the timer to reset, avoiding a "time-out"
8. Identify legally. In Canada that means at the beginning and end of a contact and every thirty minutes of operation.

**LARC, Suite 184, 1100C, Memorial Avenue,
Thunder Bay, Ontario, Canada, P7B 4A3**

9. Repeaters are installed and maintained at considerable expense and inconvenience. Regular users of a repeater should financially support the individual or club owner in their efforts to keep the repeater working properly.

Autopatch Operation

1. Many repeaters are equipped with autopatch facilities which, when properly accessed, connect the repeater to the telephone system to provide a public service.
2. Because of past abuses, use of the autopatch is often restricted by the local repeater owners, but may be available to visiting amateurs on a courtesy basis. Never use an autopatch to avoid a long-distance call, or for any commercial purpose. Even if your use is marginally legal, the repeater owner has the right to terminate your call.
3. Listen for a few seconds to see if the repeater is in use, then identify, unkey and listen to see if it was quiet for a reason, and to allow someone to let you know if there is a reason not to continue (low audio, low signal strength, etc). Then, if all OK, proceed.
4. To use the autopatch, first identify yourself "VE1ZZZ for the autopatch", key in the autopatch access code and the telephone number you are calling. Keep your call short to avoid "timing out" the repeater. You may have to remind the person you have called that you can't hear them when you are talking. Keep the call brief.
5. When your call is completed, key in the autopatch OFF code, and identify again "VE1ZZZ clear of the autopatch"

Linked Repeater Operation

Permanent Linked Repeaters

1. Where repeaters are permanently linked, your transmissions will be heard on the outputs of all the linked repeaters.
2. Operation of a permanently linked repeater is the same as a normal repeater, except that the coverage is much greater.

Dont miss a single copy of HI-Q. Send your change of address notice to the Club.

Code Access Linked Repeaters

1. Linking codes are required to access the code access linkable repeaters.
2. To use a link, identify "[local repeater call sign], [your call sign]", and then key in the local repeater's link ON codes. When the repeater identifies, identify the repeater you wish to call "[distant repeater call sign], [your call sign]", and then key in the distant repeater's link ON codes. When that repeater identifies, you can then call any station in that repeater's coverage area.
3. You will be heard in the coverage areas of both the local repeater and the distant repeater.
4. When you have finished your contact, you should identify again, and then turn off the links in reverse order, using the distant repeater's link OFF codes, followed by the local repeater's link OFF codes

<http://www.igs.net/http://www.igs.net/>

[Radio Amateurs of Canada](http://www.igs.net/http://www.igs.net/)

Editor Says:*Hello to everyone after one hot summer,I hope to see you all again at the meeting on Sept.11,in Room 191,Mcntyre building,Confederation College, 7:30 pm*
Glen Wallace VE3ICY

**LARC, Suite 184, 1100C, Memorial Avenue,
Thunder Bay, Ontario, Canada, P7B 4A3**